



Lunch Prices

Student \$3.30
Student Tier \$4.20
Reduced \$0.40

Checks can be made payable
to "WJHSD Cafeteria Fund"

Online payments can be made
at www.payforit.com
Instructions can be found
at www.wjhsd.net



Manage your child's lunch account
at www.schoolcafe.com

See what they are purchasing
Get low balance alerts
and more!

Instructions can be found
at www.wjhsd.net



John Rambo

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MARCH

WJHSD PHMS Lunch Menu March 2024



Monday 2/26/24	Tuesday 2/27/24	Wednesday 2/28/24	Thursday 2/29/24	Friday 3/1/24
Mini Corn Dogs or Macaroni & Cheese	Chirps Chicken On a wg Bun or Walking Taco Pretzel Stick	Breakfast For Lunch Breakfast Sandwich or French Toast Sticks with Sausage Patty	Mini Calzones with sauce or Cheese Burger On a wg Bun	Popcorn Shrimp with Cocktail sauce or Cheesy French Bread Pizza
Featured Veggies: Potato Wedges Chick Pea Salad Choice of Fruit Choice of Milk	Featured Veggies: Mexicali Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	Featured Veggies: Hash brown Triangles Hot Sliced Apples Choice of Fruit Choice of Milk	Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Carrot Sticks Choice of Fruit Choice of Milk
3/4/24	3/5/24	3/6/24	3/7/24	3/8/24
Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll	Wing Bar(T) Bone in or Boneless or (2) Soft Tacos	Jaguar Burger(T) On a Keiser Bun or Turkey and Cheese Sandwich	Toasted Cheese Sandwich or General Tso Chicken(T) Fried Rice & Egg Roll	Fish Sandwich On a wg Bun or Italian Dunkers with sauce
Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Spanish Rice w/Salsa Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Curley Fries Green Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk
3/11/24	3/12/24	3/13/24	3/14/24	3/15/24
Teacher In-Service	Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie	Toasted Cheese Tomato Soup or Pierogi Meal with cheese stick	Chicken & Biscuits or Homemade Pepperoni Roll(T) w/Dipping Sauce	Fish Sticks Cocktail Sauce or Macaroni & Cheese Pretzel Stick
Act 80 Day - No School	Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit/Milk Ash Wednesday	Featured Veggies: Celery Sticks with Ranch Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Cucumber Salad Tomato Wedges Choice of Fruit Choice of Milk
3/18/24	3/19/24	3/20/24	3/21/24	3/22/24
Shepherds Pie with Biscuits or Rachel Sandwich on Rye	Italian Hoagie or Nachos Grande Tortilla Chips	Wing Bar(T) Bone in or Boneless or Macaroni & Cheese Pretzel Stick	Pepperoni Roll(T) with sauce or Cheese Burger On a wg Bun	Crispy Fish Sandwich Tarter Sauce or PASTA BAR Spaghetti, Marinara or Alfredo
Featured Veggies: Mashed Potatoes Coleslaw Choice of Fruit Choice of Milk	Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Oven Fries Mixed Vegetable Choice of Fruit Choice of Milk	Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	Featured Veggies: Tomato Wedges Corn Salad Choice of Fruit Choice of Milk
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24
State Fair Day Corn Dog on a Stick or Funnel Cake Fruit Toppings	Chirps Chicken On a wg Bun or Walking Taco Pretzel Stick	Bosco's Pizza Sticks w/Dipping Sauce or French Toast Sticks with Sausage Patty		
Featured Veggies: Curley Fries Carrot & Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Mexicali Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	Featured Veggies: Hash brown Triangles Hot Sliced Apples Choice of Fruit Choice of Milk		

Looking for Nutritional information? Go to SchoolCafe.com. Instructions are on the District Website

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free chocolate, vanilla and strawberry

Weekly Vegetable

Subgroups May Include:
Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy White - potatoes, corn, peas and lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Leave Your Lunch at Home

Daily entrée alternate options may include:

Check out our Pizza Line!!! Assorted Pizza Choices that may include: Big Daddy's(T), Deep Dish(T), Taco, Stuffed Crust, French Bread, Buffalo Chicken, and more...
or
Chicken Patty Sandwiches
or
Grab & Go Salads
or
Grab & Go Deli Sandwiches
or
Try our version of the Launchable, "The Lunch Pack" Entree options include Yogurt & Cheese Stick, Ham & Cheese Cubes, Grilled Chicken Strips, Nachos, Breadstick Dippers, Pizza, and more...